

WHO CAN HELP?

There are 22 local domestic violence/sexual assault programs offering services in every county in Nebraska. The program staff and volunteers:

- Provide a safe place for women to talk about issues
- Believe no one deserves to be abused and we all have the right to non-violent lives
- Believe that the abused woman is the expert on her life and choices, including how to be safe and keep her children safe
- Empower women to make choices based on safety and their needs

Services include:

- 24 hour crisis counseling
- Emergency shelter
- Transportation
- Medical advocacy and referrals
- Legal referrals and assistance with Protection Orders
- On-going support and information
- Education and prevention programs

Helping a mom be safe helps keep her children safe too

FOR MORE INFORMATION ABOUT DOMESTIC VIOLENCE CALL

1-800-876-6238

YOU HAVE THE **POWER** TO PROTECT A CHILD

IF YOU SUSPECT CHILD ABUSE OR NEGLECT CALL

1-800-652-1999

"It is permissible to disclose protected health information to a public authority or other appropriate government authority by law to receive reports of child abuse or neglect."

Federal HIPAA Privacy Law

ADA/EOE/AA

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



www.hhs.state.ne.us



printed on recycled paper

PS-PAM-5 11/04 (99711)

You Have the **Power** to Protect a Child



STOP DOMESTIC VIOLENCE

DID YOU KNOW?

- During a recent year in Nebraska, local domestic violence/sexual assault programs served 9,634 victims (primary and secondary) including 1,240 children
- Researchers have estimated that 3.3 to 10 million U.S. children annually witness assaults by one parent against the other
- More than a fourth of children involved in domestic violence were intentionally hurt by the abuser when the child tried to stop the violence or arguments
- Studies indicate that in 30 - 60 percent of families where domestic violence is present, there is also child abuse/neglect, and vice versa

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a learned behavior that establishes control and fear in a relationship and uses violence and other forms of abuse. Domestic violence can be learned from a variety of places in different ways. When domestic violence and child abuse or neglect occurs in a family, the result is an increase of control and fear over the victim(s).

Common abusive behavior includes, but is not limited to:

- Physical violence
- Intimidation
- Threats
- Isolation
- Emotional abuse
- Sexual abuse
- Use of children as a weapon
- Using economic control

Domestic violence is NOT caused by:

- Genetics
- Illness
- Alcohol and drugs
- Anger
- Stress
- Behavior of victim or the dynamics of the relationship

HOW ARE CHILDREN IMPACTED BY DOMESTIC VIOLENCE?

Children who witness domestic violence, but are not the direct targets of the violence, often display symptoms which are similar to victims of child abuse.

Emotional and behavioral signs may include:

- Guilt
- Shame
- Fear
- Aggressive behaviors
- Withdrawal



Physical signs may include:

- Eating or sleeping disorder
- Regressive behavior
- Headaches, stomach problems, asthma, finger biting, stuttering
- Unexplained bruises, inconsistent stories about injuries
- Mood related disorders such as depression